

OAK MIDDLE SCHOOL
Health Education

TO: PARENTS & STUDENTS

Welcome to the Health Education Program. This program for middle school students provides the opportunity to develop and demonstrate health-related knowledge, attitudes, and behaviors. Physical, mental, and social dimensions of wellness are integrated throughout the curriculum. The course of study will enable students to thrive, persevere, and maintain a positive attitude through preadolescent and adolescent development.

The focus of this curriculum is to promote health and wellness and not merely to prevent disease and disability. Each grade level will include a major and a minor unit that will be presented through a variety of teaching styles and techniques. During the middle school years the students will investigate six of the fourteen units identified in the Massachusetts Health Curriculum Frameworks.

GRADE 8

This course includes a study of safety and first aid and healthy relationships. Students will participate in health instruction for 2 six-week cycles. Each unit includes note taking, discussions, handouts, and assessment. Each student is responsible for providing a folder and a notebook for this course.

Topics to be covered include:

- Avoiding unintentional injuries
- Action steps in safety & first aid
- Burns, wounds, poisoning, structure injuries, choking, sudden illness & temperature extremes
- Harassment / Bullying
- Healthy Relationships and communication
- Characteristics of teen dating violence
- Acceptable behaviors in dating
- STD & pregnancy prevention

Students will take the District Health Exam at the end of the cycle.

If you have any questions pertaining to any of the topics, please do not hesitate to email for further information.

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